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Gerontology Newsletter

Program in Gerontology

Fall 2010

Fall 2010 Gerontology Times

St. Cloud State University

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Recommended Citation

St. Cloud State University, "Fall 2010 Gerontology Times" (2010). *Gerontology Newsletter*. 11.
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Gerontology Times

NOTES FROM THE DIRECTOR

Fall is well under way and the opportunities are as thick as the falling leaves around here! So far, we have raised over \$600 for the Alzheimer's Association through our team's participation in the October 2nd Memory Walk and we welcomed the MN Gerontological Educators Network (GEN) to campus on October 8th. Also on October 8th, we had the honor of pairing with the Dementia Care Foundation and co-sponsors across campus (and across campuses) to bring authors Richard Taylor and G. Allen Power to SCSU. Their presentation was inspiring!

On Tuesday, October 26th the SCSU Gerontology Program, Sigma Phi Omega, and the Gerontology Club hosted a potluck. It was a great opportunity to share food and fellowship with students, staff, faculty, and community members interested in aging! Thanks everyone for your help!

Here are some more opportunities to consider:

Alumni Survey:

GERO Program Alumni, we want to hear from you! If you haven't already done so, please take a minute to fill out

our on-line survey. You can take it at <http://www.surveymonkey.com/s/j2T7ZJRK> or you can also find it on our webpage www.stcloudstate.edu/gerontology.

Spring Classes in Aging: Students, now is a good time to start thinking about registering for spring classes (see page 6 for a "sneak preview" of the spring offerings). Be sure to check in with your advisor (Dr. Phyllis Greenberg – Master's and Certificate Students; Dr. Rona Karasik – undergraduate minors) to make sure your program is on track!

Sigma Phi Omega (the National Academic Honors and Professional Society in Gerontology) and the **SCSU Gerontology Club**. Sigma Phi Omega "seeks to promote scholarship, professionalism, friendship, and services to older persons, and to recognize exemplary attainment in gerontology/ aging studies and related fields." Students, faculty, and community professionals are encouraged to join! Also, all are welcome to join "The Gerontology Club" which was formed in conjunction with our local Sigma Phi Omega chapter. Now is a great time to get involved! We have been meeting on

the 1st and 3rd Wednesdays (12-1pm) and Thursdays (5-6pm) in Stewart Hall 330.

Fall '10 Celebrating Connections: Showcasing Student and Community Collaboration: Join us Thursday, November 18th in the Atwood Ballroom from 9 – 11:30 am as our students and community partners show off their most recent service-learning and community-based research partnerships!

Gerontology Program Website: Opportunities and information abound on our website:

<http://www.stcloudstate.edu/gerontology/>. Be sure to check out sections on careers in aging, internships, volunteer opportunities and more! If you would like to have information about an upcoming event or opportunity posted on the site – contact me at karakasik@stcloudstate.edu. Have a wonderful fall!

Rona

Rona J. Karasik, Ph.D.
Director, Gerontology Program
Professor, Community Studies

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After ten years of working on this accessible playground for all, the Kaleidoscope Playground is finished! A specialized surface was installed for maximum accessibility and safety. Thanks to all the students, business owners, and community members for all your support! Be sure to stop by Wilson Park and check it out!

BEFORE...



AFTER



The Kaleidoscope project was created through a unique partnership with the St. Cloud State University Department of Community Studies, the St. Cloud East Side Boosters, the City of St. Cloud through its Park Department, and the Central Minnesota Community Foundation. In addition, the SCSU Gerontology Club and SPO have helped to support the Kaleidoscope Project.

Have you checked out our **Gerontology Program Website** lately?

Take a look at <http://www.stcloudstate.edu/gerontology/>

If you would like to post a job or internship opportunity or if there is something else you would like to see, please contact Rona Karasik at

karasik@stcloudstate.edu or at 320-308-5224.

Check out our **Gerontology Program Facebook** page!

Take a look, stay up-to-date on events!



Do you have a book of Dr. Greenberg's or Dr. Karasik's that you forgot to return? How about a thesis? We seem to be missing quite a few! If you do, please return it ASAP! No questions asked! Squeak!





Last Fall I wrote about how we only had one day of fall weather – hmm this semester is confusing fall, summer what is it? I am back from sabbatical and am enjoying being back in the classroom.

This semester Dana Lodermeir, Missy Reichl and I will be presenting a poster related to chemical addictions and mental health issues in older adults. The poster will be presented at The Gerontological Society of America's annual conference in November. The data comes from a previous grant that Senior Helping Hands (St. Cloud Hospital) had from the Minnesota State Department of Human Services. The data for the poster will include 5 years with this grant program. Over this period more than four hundred clients were interviewed. I have also been working with Fountain Center, in Albert Lea, on this topic since 2005. The current grant with Fountain Center relates to special populations that might not be seen in the general treatment population. We are examining treatment protocols that might be more relevant to race, ethnicity, gender and age. This has the potential for making significant strides in assessment, treatment delivery, education and follow-up support services.

This semester I presented at the 11th Annual Gerontology Conference in St. Cloud on co-occurring disorders in older adults. The audience consisted of Nurses, Social Workers and other service professionals. We also had a booth to provide information on the Gerontology Program and of course sell t-shirts.

This spring check out our new topics course GERO 440/540 Ethics in Gerontology which will be taught Tuesdays/Thursdays 3:30-4:45. We are also in the process of updating our curriculum and will be proposing to add a course in Global Aging and make the Elder Law (also taught this spring) into a regular course.

The Gerontology Educator's Network (GEN) met at SCSU and we discussed how we can make gerontology education more vibrant and raise awareness of its importance. Information will be coming soon about amazing student opportunities.

Let me also use this opportunity to suggest that you check out the Minnesota Gerontological Society. I am a board member and there are a plethora of resources. Here is the website: MGS@mngero.org

This semester GERO 411/511 is gathering information on gubernatorial and house of representative candidates for the 6th congressional district. They are working in groups developing non-partisan packets of information on issues relevant to older adults and the larger community. They will then make these available at Whitney Senior Center and other locations

Registration will soon begin for Spring Semester. If you are a graduate student either in the Masters or Graduate Certificate Program be sure to make an appointment to see me. Have a wonderful semester.

Phyllis A. Greenberg, PhD

Phyllis

Coordinator Graduate Studies, Gerontology

Associate Professor, Department of Community Studies

SCSU Gerontology Program Alumni – we want to hear from you!

In order to better serve you, as well as to improve the Gerontology Program for our current students, we need your input. Please consider taking this brief survey about the Gerontology Program. As a thank you, we will be giving away two “Aging: Every Body's Doing It!” t-shirts. Be sure to enter the drawing at the end of the survey.

To take the survey, please go to this address: <http://www.surveymonkey.com/s/J2TZJRK>

You may also find the link to the survey on our website: www.stcloudstate.edu/gerontology

We look forward to hearing from you!

Undergraduate Courses in Aging

Gerontology

GERO 208 01 Introduction to Gerontology	MWF	10:00 am– 10:50 am
GERO 208 02 Introduction to Gerontology	TR	11:00am- 12:15 pm
GERO 415 01 Women and Aging	T	5:15– 8:00 pm
GERO 435 01 Aging and Housing Options	MW	3:00– 4:15 pm
GERO 440 01 Ethics in Gerontology & Geriatrics	TR	3:30-4:45 pm
GERO 440 02 Elder Law	R	6:00-8:40 pm
GERO 444 01 Internship	Hours Arranged	
GERO 465 01 Health and Aging	M	5:00-7:45 pm

Psychology

PSY 345 54 Psychology of Death & Dying	Online	
PSY 443 01 Psychology of Adult Development and Aging	TR	3:30-4:45 pm

Sociology

SOC 350 54 Sociology of Age & Aging	Online	
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Graduate Courses in Aging

Gerontology

GERO 515 01 Women and Aging	T	5:15-8:00 pm
GERO 535 01 Aging and Housing Options	TR	2:00- 3:15 pm
GERO 540 01 Ethics in Gerontology & Geriatrics	TR	3:30-4:45 pm
GERO 540 02 Elder Law	R	6:00– 8:45 pm
GERO 565 01 Health and Aging	M	5:00- 7:45 pm
GERO 620 01 Advanced Policy	W	5:00-7:40 pm
GERO 644 01 Internship	Hours Arranged	
GERO 696 01 Practicum (Plan C)	Hours Arranged	
GERO 697 01 Starred Paper (Plan B)	Hours Arranged	
GERO 699 01 Thesis (Plan A)	Hours Arranged	

Sociology

SOC 679 01 Advanced Research Methods	MW	4:30- 5:45 pm
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Psychology

PSY 543 01 Psychology of Adult Development and Aging	TR	3:30- 4:45 pm
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For Registration information

Web: <http://www.stcloudstate.edu/registrar/>

Phone; (320)308-224 or 1-800-369-4260

Contact Continuing Studies for more information

(320)308-3081

**Remember to check
the on-line schedule
for any last minute
changes!!**



On Saturday, October 3, Sigma Phi Omega, The Gerontology Club, and The Gerontology Program teamed up for the 2010 Memory Walk held at Whitney Senior Center. Memory Walk raises awareness and funds for Alzheimer's care, support and research. The group raised over \$600! Great job everyone!



Interns

Summer, 2010

- Matthew Berry, RSVP, St. Cloud, MN
- Jenna Wiese, Swift County Human Services
- Leacey Brown, Good Shepherd Senior Community, Sauk Rapids, MN
- Beth Knott, Country Manor Apartments, Sartell, MN.
- Gretchen Olesen, Guardian Angels, Elk River, MN
- Jenny Sack, St. Benedict's Senior Community, St. Cloud, MN
- Nancy Schellinger, St. Cloud VAMC, St. Cloud, MN

Fall, 2010

- Brittany Drontle Prigge, Assumption Nursing Home, Cold Spring, MN
- Robert Flaherty, The Legends at Heritage Place, Sartell, MN
- Kalsang Lama, St. Benedict's Senior Community, St. Cloud, MN
- Melinda McCann, Senior Helping Hands, St. Cloud, MN
- Stacy Hoefer, Sartell Senior Connection, Sartell, MN
- Jacquie Juan, Comforts of Home, Chippewa Falls, WI
- Dana Lodermeir, Plymouth Senior Services, Plymouth, MN

Thank you to all our community internship preceptors! Students interested in being an intern for Spring or Summer Semester 2011 should contact Rona Karasik at rjkarasik@stcloudstate.edu



On October 8th the SCSU Gerontology Program, Lakeview Ranch, The Dementia Care Foundation, and many other sponsors welcomed Dr. G. Allen Powers and Dr. Richard Taylor to the St. Cloud State Campus. They gave a presentation called *Living with Dementia: The Person Inside*. Emphasis was put on treating the person and not the symptoms of dementia. Dr. Richard Taylor discussed his thoughts and experiences on being diagnosed with dementia, most likely of the Alzheimer's type.

Both speakers captivated the audience. After the presentation, the audience asked many questions about dementia and treatment options. With the growing number of older adults and people living longer, more and more people will be impacted by dementia. The presentation introduced a different perspective to dementia and treatment options



Dr. G. Allen Powers and Dr. Richard Taylor answered audience questions October 8th, 2010.



Judy Berry, founder of The Dementia Care Foundation, and Faith Akheutie-Oni, President of the Gerontology Club, sold books and DVD's during the event.

SAVE THE DATE!

Intro To Gero TR 11:00- 12:15

Intro To Gero TR 12:30– 1:45

Aging and Housing Options TR 2:00- 3:15

Elder Law R 6:00- 8:45

Health and Aging M 5:00- 7:45

Women and Aging T 5:15– 8:00

Ethics in Gerontology and Geriatrics TR 3:30– 4:45



SCSU Gerontology Alumni Spotlight



Kenndy Lewis

Kenndy graduated in 2007 with her Master's of Science in Gerontology with a focus on senior recreation. She now coordinates recreational activities and volunteer services at the St. Benedict's Senior Community in Monticello. She uses her gerontology knowledge daily. Her MS degree has given her skills that help with her approach with older adults and to provide them a quality recreational program. Kenndy's advice to students is to take advantage of service learning and internship opportunities, they could result in getting a permanent position with the organization. "Think of service learning and internship(s) as a very long interview, if you do your best it will pay off in the future."

Sandy Bares

Sandy graduated in 2001 with her MS in Gerontology. Sandy owns a home modification service helping older adults and people with disabilities live in the type of housing and location of their choosing. Her gerontology training is the backbone of what she has accomplished since graduation. She counsels her family as they care for their mother of 92 still living at home. She is already planning for her needs as she continues to age. "The GERO program will take you to many life inspiring and exciting work opportunities. You will be able to use your knowledge and understanding of the aging market in different occupations, so leave no rock unturned."



Get your "Aging: Everybody's Doing It! T-Shirt!



Size: S - XXXL

Price: \$16.00

Color: Blue

Be sure to get your "Aging: Every Body's Doing it" T-Shirt. All proceeds benefit SPO and Gero club activities. You can purchase shirts from the Gerontology Graduate Assistants' office in Stewart Hall 342 or you can call the office at (320)308-4183. You can also contact Rona Karasik by email at:

karasik@stcloudstate.edu

Or Phyllis Greenberg by email at:

pagreenberg@stcloudstate.edu

Congrats to the new 2010-2011 SPO/GERO Club Executive Board!

GERONTOLOGY CLUB

President: Faith Akheutie-Oni

Vice President: Marissa Maiers

Members at Large: Luke Krueger & Laura Steinhoff

SIGMA PHI OMEGA

President: Katie Nordberg

Vice President: Aparna Kaja

Members at Large: Erin Jensen & Nicole De Roche

JOINT POSITIONS (GERO CLUB & SPO)

Secretary: Brittany Lechner

Treasurer: Paula Woischke

FACULTY ADVISORS

Rona Karasik

Phyllis Greenberg

Everyone is
welcome!



Sigma Phi Omega is proud to announce the induction of Casey Schmoll, Anand Reddy Moddu, Laura Steinhoff, Katie Nordberg, and Aparna Kaja.



Sigma Phi Omega is the National Academic Honor and Professional Society in Gerontology. Are you interested in becoming a member? Contact Rona Karasik at Karasik@stcloudstate.edu or 320-308-5224 for more information.

St. Cloud State University
Gerontology Program
Department of
Community Studies
365 Stewart Hall
720, Fourth Avenue South
St. Cloud MN, 56301-4498

KUDOS

Recent Publications:

Karasik, R.J. (2010). [Review of the book *Ageing in Urban Neighborhoods: Place Attachment and Social Exclusion*] *Educational Gerontology*, 36(80), 731-732.

Quam, J.K., Whitford, G.S., Dziengel, L.E., and Knochel, K.A. (2010). Exploring the nature of same-sex relationships. *Journal of Gerontological Social Work*, 53(8), 702-722.

Recent & Upcoming Presentations:

Greenberg, P.A. (2010). Dazed and confused: Chemical addictions and mental health issues in older adults. Annual Gerontology Conference, St. Cloud, MN

Karasik, R.J. & Berry, J. (2010). Innovations in Specialized Dementia Care: The Lakeview Ranch Model. Poster presented at the Minnesota Gerontological Society Conference, Brooklyn Center, MN.

Karasik, R.J. (2010). What's New about Being Old? Keynote address at the 11th Annual Central MN Gerontological Conference, St. Cloud, MN.

Karasik, R.J. & Berry, J. (2010). Dogs, Horses, and Wallabies - Oh My! Benefits and Challenges of Animal Therapy in Dementia Care Poster to be presented at the 63rd Annual Scientific Meeting of the Gerontological Society of America, New Orleans.

Berke, D.L., Scheer, S. & Karasik, R.J. (2010). Surviving and Thriving in Academia: Work-Family Fit in Hard Times. Roundtable to be presented at the 72nd Annual National Council on Family Relations Meetings, Minneapolis, MN.

OTHER:

Linda Havir will be a member of the National Council on Aging delegation to Cuba that will research services for older people in Cuba. Delegates will be briefed by leading academic, government and NGO experts on: demographic trends and projections; social security and economic security; health services and long-term care; community-based services and care facilities; and wellness, sports and cultural activities.

